

# **Eat Smart and Move More**

## with the Family Nutrition Program

Offering *free* healthy eating and active lifestyle lessons to income-eligible residents of Chesterfield County

#### **Learn how to better:**

- Get more for your money at the grocery store;
- Include a variety of colorful fruits and veggies into your diet;
- Read and understand food labels;
- Plan a meal for a balanced week;
- Portion your food;
- Include physical activity into your everyday life.

#### Plus much more!

### Participants receive:

- Loads of recipes and nutrition tips;
- Helpful kitchen utensils to take home;
- Meal and grocery shopping planning pad
- Resistance bands

#### Plus much more!

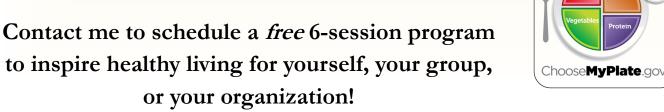




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